

APPENDIX F

Previously Listed Whole Grain Products Eligible to Bear the Health Claim

**Selected Qualifying Whole Grain Products
(As Listed in the General Mills Notification)**

Product Name	RACC (grams)	Fiber Content (grams)
Cereals		
Wheat Chex	55	4.9
Crispy Wheaties & Raisins	55	3.8
Oatmeal Crisp with Raisins	55	3.3
Cheerios	30	2.8
Wheaties	30	3.4
Whole Grain Total	30	3.0
Oatmeal Crisp with Apple	55	2.9
Healthy Choice Toasted Brown Sugar Squares	55	5.3
Raisin Squares	55	4.4
Frosted Mini Wheats Bite Size	55	4.3
Frosted Mini Wheats	55	4.3
Nutrigrain Almond Raisin	55	
Apple Cinnamon Squares	55	4.0
Low Fat Granola w/o Raisins	55	3.2
Healthy Choice Almond Crunch w/ Raisins	55	3.4
Nutrigrain Golden Wheat	30	3.2
Spoon Size Shredded Wheat	55	5.8
Shredded Wheat	55	5.8
Shredded Wheat & Bran	55	5.8
Fruit & Fibre Peaches/Raisins/Almonds	55	3.1
Grape Nuts Flakes	30	2.8
Grape Nuts	55	4.4
Frosted Shredded Wheat – Bite Size	55	2.6
Shredded Wheat	55	5.8
Oatmeal Squares	55	4.3
Oatmeal, Regular (Hot)	40	4.0
Toasted Oatmeal Honey Nut	55	3.6
Natural Low Fat Granola with Raisins	55	3.6
Toasty-Os	30	2.8
Breads & Rolls		
Whole Wheat Bread (56% WG)	50	3.0
Whole Wheat Pita	50	3.7

Product Name	RACC (grams)	Fiber Content (grams)
Whole Wheat English Muffin	55	3.5
Whole Wheat Bagel	55	3.3
Whole Wheat Roll	50	3.1
Whole Wheat Biscuit	55	3.1
Snacks & Crackers		
Whole Wheat Cracker (i.e., Triscuits)	30	2.9
[REDACTED]	[REDACTED]	[REDACTED]
[REDACTED]	[REDACTED]	[REDACTED]
Popcorn, low fat (popped)	30	4.3
Grains (Pasta, Rice, etc.)		
Whole Wheat Tortilla	55	3.5
Whole Wheat Macaroni, Prepared (55 g dry)	140	3.4
Whole Wheat Spaghetti, Prepared (55 g dry)	140	3.4
Whole Wheat Noodles, Prepared (55 g dry)	140	3.0
Wild Rice, Prepared (45 g dry)	140	2.5
[REDACTED]	[REDACTED]	[REDACTED]
Bulgur, Prepared (45 g dry)	140	>3.0

**Selected Qualifying Whole Grain Products
(As Listed in the Kraft Foods¹ Notification)**

Product Name	RACC (grams)	Fiber Content (grams)
Whole Grain Cereals		
Cheerios	30	2.8
[REDACTED]	[REDACTED]	[REDACTED]
Wheaties	30	3.4
Whole Grain Total	30	3.0
Complete Wheat Bran Flakes	30	5
[REDACTED]	[REDACTED]	[REDACTED]
[REDACTED]	[REDACTED]	[REDACTED]
Post Grape Nuts Flakes	30	2.8
Oatmeal Crisp Almond	55	4
Oatmeal Crisp Apple Cinnamon	55	4
Oatmeal Crisp Raisin	55	3.3
Wheat Chex	55	4.9
Apple Cinnamon Mini-Wheats	55	Not available
Blueberry Mini-Wheats	55	Not available
Frosted Mini-Wheats	55	4.3
Frosted Mini-Wheats Bite Size	55	4.3
Raisin Mini-Wheats	55	5
Strawberry Mini-Wheats	55	5
Post Banana Nut Crunch (Selects)	55	6
Post Great Grains – Crunchy Pecan (Selects)	55	6
Post Great Grains – Raisin, Date, Pecan (Selects)	55	4.5
Post Honey Nut Shredded Wheat Bite Size	55	2.5-5.0
Post Shredded Wheat	55	5.8
Post Shredded Wheat 'N Bran	55	5.8
Post Grape Nuts	55	4.4
Toasted Oatmeal Honey & Nut	55	3.6
Toasted Oatmeal Squares	55	4.3
Whole Grain Crackers		
Natural Ry Krisp	15	3.5
Sesame Ry Krisp	15	3.0
Meijer Woven Wheat	30	2.9
Reduced Fat Triscuits	30	2.9
Triscuits	30	2.9
Wasa Fiber Rye Crisp	15	3.0

Product Name	RACC (grams)	Fiber Content (grams)
<i>Whole Grain Bread</i>		
Bread, whole wheat, commercially prepared	50	3.4
Bread, whole wheat, from recipe	50	3.0
Mixed grain	50	3.2
Pumpernickel	50	3.2
Rye	50	2.9
Rye, reduced calorie	50	6.0
Wheat, reduced calorie	50	6.0
¹ Products in the Kraft Foods Notification are listed as meeting the existing criteria for the whole grain health claim with the possible exception of "low fat."		